

# AROUND THE WORLD

Additional Information

## Senegal

  @uwspdining





## “Yassa Poulet”

### “Lemon-Habanero Chicken”

Oven-roasted chicken thighs, marinated with a bold blend of onions, lemon zest, vinegar, and rich palm oil. The result is a savory, tangy dish with tender, flavorful meat.

## “BBQ Style Dibi Lamb”

### “Slow-Braised Lamb”

Slow braised lamb, seasoned with Dijon mustard for a perfect balance of sharpness and richness. Slow-cooked to perfection, this dish offers a savory flavor.







## **“Roasted Vegetables”**

### **“Roasted Root Vegetables”**

**A medley of root vegetables, including turnips, sweet potatoes, and Yukon Gold potatoes, perfectly roasted to bring out their natural sweetness and earthiness.**

## **“Coconut Curry Mussels”**

### **“Mussels in a Spicy, Coconut-Curry Broth”**

**Mussels steamed to perfection and infused with aromatic curry-style spices. This dish offers a warm, flavorful kick with a gentle heat.**





## “Thieboudienne”

### “Oven-Roasted Eggplant, Cabbage, and Sweet Potatoes”

A medley of roasted veggies with eggplant being the star of the dish accompanied by cabbage, and sweet potatoes. A simple yet savory dish, seasoned with herbs and spices to enhance its natural ingredients.

## “Saladu Awooka Mango”

### “Mango-Avocado Salad”

A refreshing and cold salad featuring creamy avocado, sweet mango, juicy mandarin orange, and vibrant cilantro, all topped with crunchy, toasted coconut.







## “Jollof Rice”

### “Long-Grain Rice w/Peas and Tomatoes”

Experience the flavors of Senegal with Jollof Rice, a fragrant dish made with perfectly cooked rice, mirepoix, tomatoes, and green peas

## “Cinq Centimes”

### “5 Cent Cookies”

Cinq Centimes is a French-inspired pastry featuring a crisp, golden exterior and a delicate, buttery inside. This cookie is made with a rich, flaky dough topped with light peanut butter frosting and roasted peanuts.





# Senegal

EST. 1960

1

**Thieboudienne is the national dish of Senegal. This 19th-century meal originally involved a dish of fish served with vegetables and rice. Thieboudienne is popularly referred to as Chebu Jen as well in coastal parts of Senegal and has since evolved.**

2

**Bissap is a popular drink in Senegal that's made from dried hibiscus flowers. This drink has evolved into “Hibiscus Tea” in other parts of the world.**

3

**Due to the wide Muslim population in Senegal, chicken, lamb, peas, eggs, and beef are also popular ingredients. Pork is strictly forbidden to accommodate Sharia.**



## Want To Know More?

Contact our Register Dietitian!

# Jennifer Hanlon

### ✓ Meal Plan Education

Discuss the best meal plan options for flexible dining opportunities across campus to meet dietary needs.

### ✓ Follow-Up and Support

Ongoing email support and phone calls to answer any questions and receive helpful resources from the University Dining Registered Dietitian are available to students dining on campus.

### ✓ 1:1 Meetings

Regular meetings with the registered dietitian to have a successful and safe dining experience on campus that meets your dietary needs.

### ✓ Specialized Meal Options

Students with allergies, severe reactions and special accommodations can work closely with the University Dining Registered Dietitian to have a safe dining experience on campus.

**For questions and assistance,  
please reach out  
using the information  
provided below!**

*Jennifer Hanlon*

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